DOCUMENT RESUME

ED 455 015 PS 029 661

AUTHOR	Spock, Benjamin
TITLE	Dr. Spock on Parenting: Sensible, Reassuring Advice for Contemporary Parents.
ISBN	ISBN-0-7434-2683-5
PUB DATE	1988-00-00
NOTE	400p.; Edited by Martin T. Stein. Cover page varies.
AVAILABLE FROM	Simon & Schuster Mail Order, 100 Front Street, Riverside, NJ 08075 (U.S., $16.95; Canada, $25.95). Fax: 212-632-8083; e-mail: Consumer.CustomerService@simonandschuster.com; Web site: http://www.SimonSays.com.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Attachment Behavior; Behavior Problems; Child Development; Child Health; *Child Rearing; Childhood Attitudes; Childhood Needs; *Children; Developmental Stages; *Discipline; Divorce; Fathers; Infant Care; *Infants; Nutrition; *Parent Child Relationship; Parent Influence; Parent Role; Personality; *Socialization; Stress Variables
IDENTIFIERS	First Time Fathers; First Time Mothers; Sleep Disorders

ABSTRACT

Compiling essays authored by Benjamin Spock and published in magazines, this book addresses the changing traditional family structure and the challenges faced by contemporary parents. The chapters are: (1) "Anxieties in Our Lives," discussing stressors, decisions regarding work, and late parenting; (2) "Being a Father Today," examining aspects of the father's role as model, companion, disciplinarian, and teacher of sexual equality; (3) "Divorce and the Consequences," including custody solutions; (4) "The New Baby," concerning infant care in the first three months; (5) "Sleep Problems," including such problems in children at various ages and the family bed; (6) "Discipline," including discussions of disciplinary styles, punishment, and arguments with children; (7) "Stages of Childhood," including information on weaning, conscience development, toy selection, and children's thoughts about their parents; (8) "Difficult Relationships," including relationships with the child's doctor and teacher; (9) "Several Behavior Problems," discussing bad language, stealing, lying, cheating, whining, and anxiety about school; (10) "Influencing Personality and Attitudes," including discussions of curiosity, sociability, idealism of sex and marriage, and God and religion in the agnostic family; and (11) "Health and Nutrition," including information on teaching health attitudes and good eating habits, infant diet, and how to talk to children about sexuality and love. (KB)

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